

Abstrakt

The diploma thesis addresses the lifestyle of the high school students in Teplice; in particular their healthy lifestyle. In the theoretical part, basic information about a healthy lifestyle is summarized. At the same time, the lifestyle information is introduced, which relates to healthy diet, eating habits, fluid intake, motion activity and sleep. Furthermore, the determinants harmful to human health are introduced in this part; i.e. alcoholic beverages overconsumption, smoking or excessive mental strain.

The practical part is aimed at mapping the major factors of the high school youth's lifestyle in Teplice and to ascertain whether the taught subject focused on health and healthy lifestyle influences the students and their attitude to a healthier lifestyle. I evaluated the questionnaire survey by means of self-made evaluation methods based on the healthy lifestyle principles. The reason was that none of the discovered methods for poll evaluation corresponded with my needs. The results are clearly arranged in the attached tables and demonstrated in the charts. The health based subject taught at school proved to have only a minor impact on the healthy lifestyle of high school students.

The appendix includes the sample of the evaluation method created by myself, the questionnaire applied for the survey, the answer sheet and grading of individual responses.